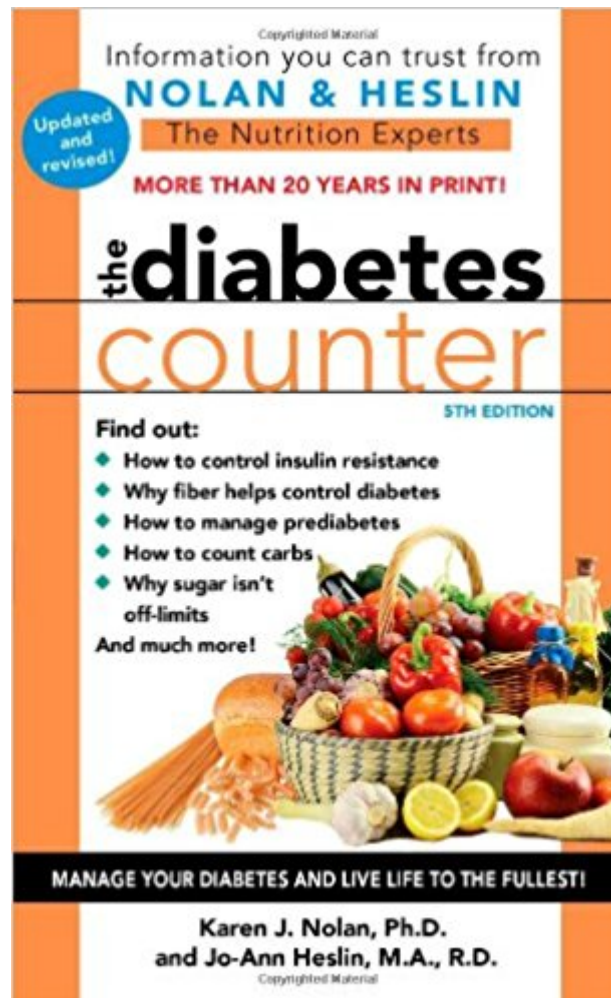


The book was found

# The Diabetes Counter, 5th Edition



## Synopsis

Living with type 2 diabetes doesn't have to be complicated—let the nutrition experts help you figure out which foods to eat with this fully updated and revised edition of the popular book in the hugely successful food counter series. More than 7.5 million Counter Books in print from the nutrition experts! What can I eat, now that I have diabetes? In short—everything. For more than twenty years, The Diabetes Counter has been helping people with type 2 diabetes and prediabetes control their blood sugar without sacrificing the foods they love. Inside this completely revised, easy-to-use reference, you will find:

- Your ultimate carb-counting companion—plus calorie, sugar, fiber, and fat counts for more than 12,000 foods
- The most up-to-date scientific information on managing prediabetes, preventing insulin resistance, selecting the best sugar substitutes, using the glycemic index, and more—explained in language you can understand
- Simple tips for stress-free meal planning
- Listings for 58 national and regional restaurant chains, plus all your favorite brand name and takeout foods, so you can stay healthy whether you're eating out or cooking at home

## Book Information

Mass Market Paperback: 752 pages

Publisher: Pocket Books; 5 Rev Upd edition (December 31, 2013)

Language: English

ISBN-10: 1451621663

ISBN-13: 978-1451621662

Product Dimensions: 4.1 x 1.2 x 6.8 inches

Shipping Weight: 11.4 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 44 customer reviews

Best Sellers Rank: #183,060 in Books (See Top 100 in Books) #111 in Books > Health,

Fitness & Dieting > Diets & Weight Loss > Food Counters #152 in Books > Health, Fitness &

Dieting > Diseases & Physical Ailments > Diabetes > General #854 in Books > Medical Books

> Medicine > Internal Medicine > Pathology > Diseases

## Customer Reviews

Karen J. Nolan, PhD, holds advanced degrees in science and human anatomy. She is the coauthor of ten books on nutrition. For more information, visit: [TheNutritionExperts.com](http://TheNutritionExperts.com). Jo-Ann Heslin, MA, RD, is a professionally trained, registered dietitian and also a regular columnist for [HealthNewsDigest.com](http://HealthNewsDigest.com). She is the coauthor of more than thirty books on nutrition. For more

information, visit: [TheNutritionExperts.com](http://TheNutritionExperts.com).

this book lists every calorie, carb, fat, sugar.....everything to help you know the facts of each food

I have started reading it and its going to be very handy for me to watch my eating.

Excellent book! Lots of information, easy to find carb counts for so many things! I already have a copy, bought this for a friend who was just diagnosed Type 2, and I knew this would be a great tool for him. I highly recommend it.

A terrific, and interesting, reference source. So glad I picked this up. I was amazed at carb values of the various foods that we previously had thought were either high or low in carbs. We were so wrong! LOL Thanks for the super reference book. We use it all the time.

Lots of good information

Restruants they include aren't ones on west coast or ones I ever heard of so that portion of book useless for me

Great book. Helps me plan what foods my husband, the diabetic, can have.

Nice book, but does not list protein.

[Download to continue reading...](#)

Diabetes Diet:: Lower Your Blood Sugar Naturally (Diabetes Diet, Diabetes for Dummies, Diabetes Cookbooks Free, Diabetes Type 2, Diabetes Destroyer, Diabetes Solution, Diabetes Cure) TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES,diabetic cookbook,type 2 diabetes) Type 2 Diabetes:The Type 2 Diabetes Guide With Powerful Type 2 Diabetes Tips (Free Checklist Included)[Type 2 Diabetes, Type 2 Diabetes Cure,Type 2 Diabetes Diet, Diabetes Diet, Diabetes Magazine] Reverse Diabetes: Stop Diabetes Without Drugs (Type 1 and 2 Diabetes, Symptoms, Diabetes Cure, Diabetes Solution, Diabetes Cookbook, Diabetes Diet, Diabetes Nutrition) DIABETES Killer Formula: The Miraculous Guide Will Fully Reverse Your Diabetes and In A Natural Way. (Diabetes Diet, Diabetes Recipes, Diabetes Cure, Reversing ... 2

Diabetes, Diabetes Destroyer,) Diabetes: Diabetes Black Book: Reverse Diabetes Forever With 25 Superfoods (Reverse Diabetes, Diabetes Diet, Diabetes Cure, Insulin, Diabetes recipes) Diabetes Diet Cookbook: Delicious Low Carb Recipes For Diabetics (Diabetes Miracle Cure, Lower Blood Sugar, Diabetes Desserts) (Diabetes Cookbook, Diabetes ... Type 2 Diabetes, Lower Blood Sugar) Diabetes: The Most Effective Diabetic Superfoods To Reverse And Prevent Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 2 Diabetes, Reverse Diabetes) Diabetes: Reverse Diabetes In 4 Weeks With Proven Step By Step Methods And Superior Strategies (+ Bonus Cheatsheet) (Diabetes Diet, Diabetes Type 2, Diabetes Cookbook, Insulin, Diabetes Solution) Diabetes: Step by Step Diabetes Diet to Reverse Diabetes, Lower Your Blood Sugar and Live Well (Diabetes, Diabetes Diet, Diabetic Cookbook, Reverse Diabetes) American Diabetes Association Complete Guide to Diabetes: The Ultimate Home Reference from the Diabetes Experts (American Diabetes Association Complete Guide to Diabetes) Diabetes: Reverse Diabetes Naturally & Safely: The Simple & Effective Changes You Can Make In Order To Reduce Blood Sugar Levels & Cure Diabetes ... End Diabetes, Type 1 Diabetes, Insulin) Diabetes: 2017 The Secrets About Diabetes that You Never Knew (Diabetes Diet,Reverse Type 2, Diabetes Insulin Resistance, Diabetes Cure, Lower Blood Sugar to Normal) Reverse Diabetes: The Natural Way - How To Be Diabetes-Free In 21 Days: 7-Step Success System (Symptoms Of Diabetes, Type 2 Diabetes, Reversing Diabetes, Diabetic Health) Cure diabetes : Diabetic No More: Normalize Blood Sugar, Reverse Diabetes, and Say Goodbye to Drugs and Testing Forever (Symptoms Of Diabetes, Type 2 Diabetes, Reversing Diabetes, Diabetic Health) DIABETES: 15 Super Foods To Quickly And Safely Lower Blood Sugar: How To Reverse and Prevent Diabetes Naturally (Natural Diabetes Cure - Diabetes Natural Remedies - Natural Diabetes Remedies) Diabetes de la A a la Z (Diabetes A to Z): Lo que necesita saber sobre la diabetes &#151; en terminos simples (What You Need to Know about Diabetes &#151; Simply Put) (Spanish Edition) Diabetes: 60+ Powerful Diabetic Superfoods to Reverse Diabetes, Regulate Insulin, Control Blood Sugar, and Lower Blood Pressure (Diabetes Diet, Diabetic, ... Type 2 Diabetes, Insulin Resistance Book 1) Diabetes: Reverse type 2 diabetes, lower your blood sugar, and live a healthier life in 12 simple steps (Diabetes, Type 2 Diabetes, Blood Sugar, Sugar, Insulin, Fat, Diet, Unhealthy Diet, Book 5) Diabetes: One Week Diabetes Meal Plan To Help You Improve Your Blood Glucose, Blood Pressure, And Cholesterol Numbers And Help Keep Your Weight On ... Reverse Diabetes, Diabetes Meal Plan)

[Contact Us](#)

[DMCA](#)

Privacy

FAQ & Help